

This I Believe

"Happiness comes from spiritual wealth, not material wealth." -John Templeton

I was browsing the internet for a quotation and found this quotation really meaningful. I truly believe that money can't buy happiness. Happiness is the spiritual experience of living every minute with love, grace and gratitude. I have experienced this myself. Although I don't come from a wealthy family, I am blessed with a loving family and I am grateful for what I have.

I believe that happiness comes through interaction and relationships with other people, for example my family and friends. Many people might be earning lots of money all the time but they might be so busy that they don't have time to spend with their families. Even though being wealthy doesn't necessarily bring us happiness.

I must admit that having much money will bring me satisfaction, but this kind of satisfaction can never be compared to the happiness I gain from being with my family and friends. If people spend most of their time earning money, they might not have time to foster relationships or make more friends and they might end up being a lonely person despite having plenty of money.

Happiness can also be gained from having a healthy body. If people are too busy earning money and tire themselves, they might end up with poor health despite being rich. No matter how much money we have, we definitely can't buy health.

Money can buy material things like anything I want to have but real happiness must be earned myself. Why doesn't money bring me a constant sense of joy? One of the reasons is that when I have a sum of money, I can't figure out what to do with the money. Sometimes more money can bring more problems. Having more money makes me think in a comparative way and start comparing everything in terms of money. I have heard of stories about lottery winners who wished they had not seen a cent. Their friends turn on them and they are harassed day and night.

Money can buy external things but true happiness comes from the inside of us. Though money can buy lots of things, one of the most important things it can't buy is happiness. Money can make my life more comfortable, but it won't bring me happiness. Happiness gained from money is short-lived.

True happiness comes from giving but not receiving. If I try hard to bring happiness to others, I can't stop it from coming to me. Happiness is priceless. This I believe.

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